

Czech Singles Lifestyle with Focus on Eating

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Abstract

Thesis deals with the issue of *singles* lifestyle with particular regard to food and eating. The phenomenon of *gender free* attitude towards series of activities in the life of singles (in other words the standpoint on the social world and practices that occur in it independently on one's sex/gender) was identified through in-depth semi structural interviews with people, who rank themselves among singles. It appears mainly in the area of relationships with friends, in the sphere of intimate (sexual) relationships, in the area of household keeping and, last but not least, in the attitude towards the food preparation, cooking and eating generally. This phenomenon is tightly related to the phenomenon of *self-opening*, in other words crossing the border of the private sphere of household and the entrance into the public space not just in the spatial sense but also in the social sense. Singles contribute to the social life and solidarity of society thanks to their everyday strategies – it is an opposite trend than the one which is associated with *singles* stereotypically. The result of the grounded theory application, which also includes the determination of schema explaining singlehood phenomenon, was the discovery of a distinctive phenomena *self-opening* and *gender-free*.